

# CHAPLAIN

## HOW WE CAN HELP YOU

### YOUR CHAPLAIN FAMILY LIFE CENTER—

Confidential Professional Counseling, Support Groups, and Retreats

#### THE CHAPLAIN FAMILY LIFE CENTER



HELP FOR YOUR JOURNEY

*For information or for a confidential appointment call:*

**(706) 545-1760**

**Building 2606, Soldiers Plaza**

## **Free, Confidential, Professional Pastoral Counseling**

Call 545-1760 for times and information on—

- \* Reunion Stress
- \* PTSD
- \* Family Counseling
- \* Couple Counseling
- \* Combat Stress
- \* Children's Counseling

## Support Groups

Want to connect with those who are going through the same thing? Whether you're a Soldier or a spouse you can experience the *power of together*. Call (706) 545-1760 for times and information.

### **\* Soldiers**

Online and Face-to Face Support Groups  
*Helping Soldiers Returning from Combat*

### **\* Spouses**

Online and Face-to-Face Support Groups  
*Helping Spouses During Deployment and After their Soldiers Return*

## Single Soldier & Couple Reunion Retreats

Provided in Partnership with ACS, Scheduled through Your Unit Chaplain

## YOUR UNIT CHAPLAIN

*Confidential Care, Counsel, Wisdom, and Unit Retreats*

## YOUR POST CHAPELS

*Spiritual Hope, Help, and Inspiration In Your Time Of Need*

Over 29 different services of various faiths and traditions take place weekly in 13 different chapel facilities across the Ft. Benning community. For more information on how your needs can best be met, feel free to call the post chaplain's office at 706-545-2288. They will gladly provide you with a description of weekly services, their locations, and times. You may also refer to weekly information contained in, *The Bayonet*, Fort Benning's newspaper.



## Where To Turn for Help With Reunion Stress . . .

### **The Chaplain Family Life Center**

**706-545-1760**

*Confidential, unlimited, professional counseling, support groups, and retreats.*

### **Army Community Services**

**706-545-4043**

*Contracted civilian Soldier and Family Life consultants offering a listening ear.*

### **Army One Source**

**800-464-8107**

*Telephone referral for eight sessions of civilian off-post counseling.*

### **Tri-Care Appointment Line**

**800-444-5445**

*Telephone appointment for six sessions of civilian off-post counseling.*

<b>FORT BENNING POINTS OF CONTACT</b>		
<b>INSTALLATION</b>	Post Chaplain's Office	706-2289 / 2288
	Family Life Chaplain & Counseling Center	706-545-1760
	Club Beyond Youth Director	706-545-2359
	After Hours On-Call Duty Chaplain	706-545-2218
<b>FORSCOM</b>	<b>3<sup>D</sup> Brigade, 3<sup>D</sup> Infantry Division</b>	706-544-3070 706-544-1692
	203 <sup>D</sup> FSB, 3 <sup>D</sup> BDE	706-544-3216
	1/10 <sup>TH</sup> FA, 3 <sup>D</sup> BDE	706-544-2433 706-544-3070
	1/15 <sup>TH</sup> IN BN, 3 <sup>D</sup> BDE	706-544-2493
	1/30 <sup>TH</sup> IN, 3 <sup>D</sup> BDE	706-544-4789
	2/69 <sup>TH</sup> ARMOR, 3D BDE	706-544-2434 706-544-2883
	3 <sup>D</sup> BTB, 3 <sup>D</sup> ID	706-544-4698
	<b>36<sup>TH</sup> Engineer Group</b>	706-545-7688
	13 <sup>TH</sup> Corps Support Battalion	706-545-4616
<b>USASOC</b>	<b>75<sup>TH</sup> Ranger Regiment</b>	706-545-5685
	3 <sup>D</sup> Battalion, 75 <sup>TH</sup> Ranger Regiment	706-545-7200
<b>TRADOC</b>	<b>30<sup>TH</sup> AG Reception Battalion</b>	706-544-8294 706-544-9432
	<b>Infantry Training Brigade</b>	706-544-9458
	1/19 <sup>TH</sup> IN BN, ITB	706-544-9529
	1/50 <sup>TH</sup> IN BN, ITB	706-544-0102
	1/329 <sup>TH</sup> IN BN , ITB	706-544-9118
	2/58 <sup>TH</sup> IN, ITB	706-544-8153
	<b>Basic Combat Training Brigade</b>	706-544-9496
	1/38 <sup>TH</sup> IN, BCTB	706-544-8544
	2/47 <sup>TH</sup> IN, BCTB	706-544-8751
	2/54 <sup>TH</sup> IN, BCTB	706-544-9545
	<b>29<sup>TH</sup> Infantry Regiment</b>	706-545-8628
	1/29 <sup>TH</sup> Infantry Regiment	706-544-6255
	CONUS Replacement Center (CRC)	706-544-7729 706-544-7723
	Medical Retention Center	706-544-1770
	<b>11<sup>TH</sup> Infantry Regiment</b>	706-545-3677
	3/11 <sup>TH</sup> Infantry Regiment	706-545-0375
	<b>Ranger Training Brigade</b>	706-544-6653
	<b>US Army Infantry Center</b>	706-544-3070 706-544-1692
	<b>WHINSEC</b>	706-545-4338
<b>MEDCOM</b>	Martin Army Community Hospital	706-544-3864
	14 <sup>TH</sup> Combat Support Hospital	706-545-3233 706-545-6787
<b>RESERVE</b>	641 <sup>ST</sup> ASG, DET 1	706-544-1677

# Use the A-B-C Approach for Reunion Success!

## ***A = Adjust Your Attitude***

“Are my expectations real or fantasy?”

“Am I expecting to mostly “give” or “take” once we’re together?”

“Am I willing to meet my mate’s needs first before expecting my needs to be met?”

## ***B = Bring Home Your Best***

During your first 24 hours—

- Commit to 10 compliments and NO CRITICISMS of your spouse or Soldier.
- Each of you ask the other, “What could I do to make our first two days together a ‘10’ for you?” Then do it!

## ***C = Call a Conference***

During your second 24 hours, arrange a quiet time where each of you can ask, “What things, specifically, do you most need from me to make our first week together successful?”

## ***Keep in Mind . . .***

- Both of you have changed: Don’t criticize—cut each other some slack!
- Soldiers: Don’t play 1SG and assume “command” once home—go easy.
- Spouses: Don’t “cut and run” by immediately dumping all your responsibilities.
- Avoid over scheduling—quiet and rest is a good thing at first.
- Resist any urge to go on a spending spree. Celebrate inexpensively.
- Be patient and encouraging. Readjustment can take weeks or even months.
- Take advantage of your own “reunion coach” at the Chaplain Family Life Center!

## **Relationship Dynamic Scale**

(PREP, Inc)

*Please answer each of the following questions in terms of your relationship with your mate if married or your partner if dating or engaged. We recommend that you answer these questions by yourself (not with your partner).*

*Use the following 3 point scale to rate how often you and your mate experience the following:*

*1= Almost never or never*

*2=Once in a while*

*3=Frequently*

*\*Please respond privately, we do not recommend sharing answers to the questions with your mate at this point, only the total score.*

- |   |   |   |  |
|---|---|---|--|
| 1 | 2 | 3 | Little arguments escalate into ugly fights with accusations, criticisms, name calling, or bring up past hurts. |
| 1 | 2 | 3 | My partner criticizes or belittles my opinions, feelings, or desires   |
| 1 | 2 | 3 | My partner seems to view my words or actions more negatively than I mean them to be.                           |
| 1 | 2 | 3 | When we have a problem to solve, it is like we are on opposite teams.  |
| 1 | 2 | 3 | I hold back from telling my partner what I really think and feel.  |
| 1 | 2 | 3 | I think seriously about what it would be like to date or marry someone else.                                   |
| 1 | 2 | 3 | I feel lonely in this relationship.  |
| 1 | 2 | 3 | When we argue, one of us withdraws . . . That is, doesn't want to talk about it anymore or leaves the scene.   |

## Scoring the Relationship Dynamic Scale ...

### 8 to 12 “Green Light”

If you scored in the 8 -12 range, your relationship is probably in good or even great shape at THIS TIME, but we emphasize “at THIS TIME” because relationships don’t stand still. There is no need to stop, but it is probably a great time to work on making your relationship all it can be and to *prevent* problems in the future.

### 13 to 17 “Yellow Light”

If you scored in the 13 - 17 range, it’s like you are coming to a “yellow light.” You need to be cautious. While you may be happy now in your relationship, your score reveals warning signs of patterns you don’t want to let get worse. You’ll want to be taking action to protect and improve what you have.

### 18 to 24 “Red Light”

Finally, if you scored in the 18 - 24 range, it’s like approaching a red light. Stop, and think about where the two of you are headed. Your score indicates the presence of patterns that could put your relationship at significant risk. It is important to stop and learn ways to improve your relationship now!

## Suicide Risk Factor and Warning Signs

### Warning Signs

- **Marked change in appearance, personality change, and social withdrawal.**
- **Perceived loss / end of marriage / relationship.**
- **Alcohol / drug abuse.**
- **History of self-destructive behavior.**
- **Divorce or separation.**
- **Perceived loss / end of military career.**
- **History of suicidal gestures.**
- **Sudden purchases of firearms / weapons.**
- **History of suicidal family / friends.**
- **Involvement in a love triangle.**
- **Pending legal problems.**

### What To Do

Provide **AID**

**Ask.** Don't be afraid to ask, "Are you thinking about hurting yourself?"

**Intervene** immediately.

**Don't** keep it a secret.

Follow the acronym **LIFE**:

**Locate Help—**

**DURING DUTY HOURS**

**(0800 – 1700)**

**UNIT CHAPLAINS**

Department of Mental Health  
(706) 544-3590

Department of Psychiatry  
(706) 544-3690

Civilian Counseling Services  
(706) 545-1138 / 4415  
Emergency - 911

**AFTER DUTY HOURS**

**(1700 – 0800)**

Emergency Room, MACH  
(706) 544-1502

Duty Chaplain – (706) 545-2218  
Emergency – 911

**OFF POST HOURS**

**(24 Hours)**

Military One Source – (800) 464-8107

24-Hour Help Line – (706) 327-3999

Police Emergency – 911

**Inform:** Chain of command of the situation.

**Find:** Someone to stay with the person.

**Don't leave the person alone.**

**Expedite:** Get help immediately. A suicidal person needs immediate attention from helpers.